

Claims:

1. A sheet for covering the skin or hair comprising 100 parts by weight of a thermoplastic resin (A) and 0.01 to 200 parts by weight of a medical ingredient (B) acting on the skin or hair.

2. A sheet according to claim 1, which comprises no adhesive layer other than the sheet itself containing the ingredients (A) and (B).

3. A sheet according to claim 1 or 2, wherein the ingredient (A) is a polyolefin resin.

4. A sheet according to claim 1 or 2, wherein the ingredient (B) is selected from the group consisting of a moisturizer, a whitening agent, a UV absorber, a slimming agent, a circulation promoter, an astringent, an anti-inflammatory agent, a wrinkle-formation preventive and ameliorating agent, a cooling agent, a warming agent, a hair remover, a hair growing agent, a hair-growth regulating agent, and a hair nourishing agent.

5. A method for supplying a medical ingredient acting on the skin or hair (B) to the skin or hair topically, characterized by covering the skin or hair with a sheet comprising 100 parts by weight of a thermoplastic resin (A) and 0.01 to 200 parts by weight of the medical ingredient (B).